GET FAMILIAR WITH YOUR FOE

Symptoms Guide: How to Tell the Difference

There are many treatments that can offer relief for colds and allergies. This info will get you started, but please consult DMG’s team of board-certified Allergists if your symptoms persist. We can conduct a test to see which allergens may be causing issues, and help develop a plan to manage symptoms.

Contact our Allergy, Asthma & Immunology team at 630.545.7833

ALLERGIES

COLDS

USA POPULATION

317 million

Common environmental allergens

40% of children have activities limited by environmental allergies

The most frequently reported chronic condition in children

Over 40 million Americans suffer each year

40,000,000+1,000,000,000+

Over 1 billion cases in America each year

Caused by contagious virus spread through tiny air droplets

The most common reason for missed work & school

40%

Animal dander

Dust

mites

Mold

Pollen

WORLD POPULATION

7 billion

THE EYES HAVE IT

This is a key area for differentiating allergies from colds

COLDS

Frequently occuring:

• Itchiness
• Tearing
• Redness
• Burning sensation
• Blurred vision
• Matting and/or mucus production

- Cold: wash hands with soap of ten & use hand sanitizer
- Avoid touching eyes, nose or mouth with unwashed hands
- Antihistamines can provide relief for both allergies and a cold

ALLERGIES

- Sinus headaches can occur
- Fever never present

COLDS

- Sinus headaches can occur
- Fever rarely present

ALLERGIES

DURATION

Typically 3-14 days

M T W Th F S S

899 mph 50 yards

distance bacteria can spread from a sneeze

FAST & FAR

Don’t stifle that sneeze – let it all out, but cover it!

EYE SYMPTOMS

COLDS

Rarely occuring:

• Itchiness
• Tearing

ALLERGIES

• Mucus will remain clear & thin
• Sneezing is frequent
• Runniness or stuffiness occurs often

COLDS

- Often starts with watery mucus
- Mucus may turn green or yellow & become thicker
- Sneezing is frequent
- Runniness or stuffiness occurs often

ALLERGIES

- Sore throat occasionally present
- Cough can occur

COLDS

- Sore throat often present
- Cough occurs often

ALLERGIES

- Sore throat rarely present
- Cough can occur

NOSE SYMPTOMS

COLDS

- Thick, green or yellow mucus
- Nasal stuffiness & discharge
- Fever

ALLERGIES

- Clear, thin mucus
- Nasal stuffiness & discharge
- Rarelyoccuring

THROAT SYMPTOMS

COLDS

- Occasional achiness (mild to moderate)
- Fatigue sometimes

ALLERGIES

- Achiness rarely occurs
- Fatigue often

BODY SYMPTOMS

COLDS

- Muscle aches & pains
- Fatigue

ALLERGIES

- Cold: drink plenty of fluids
- Allergies: shut windows to keep out allergens
- Consider an air purifier

- Cold: get lots of rest
- Allergies: use zippered, washable pillow covers
- – Use HEPA filter in the bedroom and keep out pets

Prevention & Treatment Highlight

Decongestants can provide relief for both allergies and a cold

Consult your DMG physician if you have high blood pressure

Antihistamines also provide relief for both allergies and a cold

For fever, bathe or sponge with lukewarm water

– Do not use cold water or alcohol

Prevention & Treatment Highlight

DURATION

Days to a lifetime

Allergy symptoms vary based on the type of allergen & strength of reaction

Prevention & Treatment Highlight

There are many hundreds that can affect relief for cold and allergies.